



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 03246, Babyfood, dessert, custard pudding, vanilla, junior

Report Date: July 04, 2017 21:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 229g	1 tbsp 14g	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Stage 3 (6 oz) 170g	1 jar Gerber Third Foods (6 oz) 170g	1 jar Heinz Junior-3 (6 oz) 170g
Proximates											
Water	g	79.31	--	--	181.62	11.10	22.48	134.83	134.83	134.83	134.83
Energy	kcal	86	--	--	197	12	24	146	146	146	146
Energy	kJ	360	--	--	824	50	102	612	612	612	612
Protein	g	1.76	--	--	4.03	0.25	0.50	2.99	2.99	2.99	2.99
Total lipid (fat)	g	0.98	--	--	2.24	0.14	0.28	1.67	1.67	1.67	1.67
Ash	g	0.37	--	--	0.85	0.05	0.10	0.63	0.63	0.63	0.63
Carbohydrate, by difference	g	17.58	--	--	40.26	2.46	4.98	29.89	29.89	29.89	29.89
Fiber, total dietary	g	0.2	--	--	0.5	0.0	0.1	0.3	0.3	0.3	0.3
Sugars, total	g	12.20	--	--	27.94	1.71	3.46	20.74	20.74	20.74	20.74
Sucrose	g	9.34	--	--	21.39	1.31	2.65	15.88	15.88	15.88	15.88
Glucose (dextrose)	g	0.26	--	--	0.60	0.04	0.07	0.44	0.44	0.44	0.44
Fructose	g	0.26	--	--	0.60	0.04	0.07	0.44	0.44	0.44	0.44
Lactose	g	1.70	--	--	3.89	0.24	0.48	2.89	2.89	2.89	2.89
Maltose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals											
Calcium, Ca	mg	54	--	--	124	8	15	92	92	92	92
Iron, Fe	mg	0.22	--	--	0.50	0.03	0.06	0.37	0.37	0.37	0.37
Magnesium, Mg	mg	5	--	--	11	1	1	8	8	8	8
Phosphorus, P	mg	55	--	--	126	8	16	94	94	94	94
Potassium, K	mg	68	--	--	156	10	19	116	116	116	116
Sodium, Na	mg	26	--	--	60	4	7	44	44	44	44
Zinc, Zn	mg	0.30	--	--	0.69	0.04	0.09	0.51	0.51	0.51	0.51

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Copper, Cu	mg	0.010	--	--	0.023	0.001	0.003	0.017	0.017	0.017	0.017
Manganese, Mn	mg	0.010	--	--	0.023	0.001	0.003	0.017	0.017	0.017	0.017
Selenium, Se	µg	2.4	--	--	5.5	0.3	0.7	4.1	4.1	4.1	4.1
Fluoride, F ¹	µg	4.0	2	--	9.2	0.6	1.1	6.8	6.8	6.8	6.8
Vitamins											
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.9	0.1	0.1	0.7	0.7	0.7	0.7
Thiamin	mg	0.012	--	--	0.027	0.002	0.003	0.020	0.020	0.020	0.020
Riboflavin	mg	0.054	--	--	0.124	0.008	0.015	0.092	0.092	0.092	0.092
Niacin	mg	0.076	--	--	0.174	0.011	0.022	0.129	0.129	0.129	0.129
Pantothenic acid	mg	0.232	--	--	0.531	0.032	0.066	0.394	0.394	0.394	0.394
Vitamin B-6	mg	0.030	--	--	0.069	0.004	0.009	0.051	0.051	0.051	0.051
Folate, total	µg	6	--	--	14	1	2	10	10	10	10
Folic acid	µg	0	--	--	0	0	0	0	0	0	0
Folate, food	µg	6	--	--	14	1	2	10	10	10	10
Folate, DFE	µg	6	--	--	14	1	2	10	10	10	10
Choline, total	mg	29.9	--	--	68.5	4.2	8.5	50.8	50.8	50.8	50.8
Vitamin B-12	µg	0.23	--	--	0.53	0.03	0.07	0.39	0.39	0.39	0.39
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	13	--	--	30	2	4	22	22	22	22
Retinol	µg	13	--	--	30	2	4	22	22	22	22
Carotene, beta	µg	1	--	--	2	0	0	2	2	2	2
Carotene, alpha	µg	1	--	--	2	0	0	2	2	2	2
Cryptoxanthin, beta	µg	1	--	--	2	0	0	2	2	2	2
Vitamin A, IU	IU	47	--	--	108	7	13	80	80	80	80
Lycopene	µg	0	--	--	0	0	0	0	0	0	0
Lutein + zeaxanthin	µg	39	--	--	89	5	11	66	66	66	66
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.21	0.01	0.03	0.15	0.15	0.15	0.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	1.1	0.1	0.1	0.8	0.8	0.8	0.8
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	1.1	0.1	0.1	0.8	0.8	0.8	0.8
Vitamin D	IU	19	--	--	44	3	5	32	32	32	32
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Lipids

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Fatty acids, total saturated	g	0.325	--	--	0.744	0.045	0.092	0.552	0.552	0.552	0.552
4:0	g	0.003	--	--	0.007	0.000	0.001	0.005	0.005	0.005	0.005
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.001	--	--	0.002	0.000	0.000	0.002	0.002	0.002	0.002
10:0	g	0.002	--	--	0.005	0.000	0.001	0.003	0.003	0.003	0.003
12:0	g	0.001	--	--	0.002	0.000	0.000	0.002	0.002	0.002	0.002
14:0	g	0.009	--	--	0.021	0.001	0.003	0.015	0.015	0.015	0.015
16:0	g	0.222	--	--	0.508	0.031	0.063	0.377	0.377	0.377	0.377
18:0	g	0.078	--	--	0.179	0.011	0.022	0.133	0.133	0.133	0.133
Fatty acids, total monounsaturated	g	0.364	--	--	0.834	0.051	0.103	0.619	0.619	0.619	0.619
16:1 undifferentiated	g	0.030	--	--	0.069	0.004	0.009	0.051	0.051	0.051	0.051
18:1 undifferentiated	g	0.331	--	--	0.758	0.046	0.094	0.563	0.563	0.563	0.563
20:1	g	0.003	--	--	0.007	0.000	0.001	0.005	0.005	0.005	0.005
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.128	--	--	0.293	0.018	0.036	0.218	0.218	0.218	0.218
18:2 undifferentiated	g	0.108	--	--	0.247	0.015	0.031	0.184	0.184	0.184	0.184
18:3 undifferentiated	g	0.004	--	--	0.009	0.001	0.001	0.007	0.007	0.007	0.007
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.013	--	--	0.030	0.002	0.004	0.022	0.022	0.022	0.022
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.003	--	--	0.007	0.000	0.001	0.005	0.005	0.005	0.005
Cholesterol	mg	38	--	--	87	5	11	65	65	65	65

Amino Acids**Other**

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0

Sources of Data¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa